

When might **endurance** be a quality someone would need?

What examples can you think of from your own experience when you have had to **endure**?

**ENDURANCE**



# EXAMPLES OF ENDURANCE



**Juliane Koepcke** was 17 when her plane came apart in mid-air over Peru and she plunged 10,000ft into the jungle still strapped into her seat.

With a broken collar-bone and maggot invested wounds, she walked and swam through the jungle without food for 10 days until she found help, vultures circling overhead throughout.

“She survived the horrific ordeal of the next ten days by using the little knowledge she had to very good effect. Despite the terrifying situation she found herself in, she stayed calm and adapted her mindset to survive the jungle terrain around her. She trusted her instinct and refused to give in, despite the often hopeless outlook of her situation...She kept her cool and she kept moving. She ignored the pain, and she stuck to her plan. And, ultimately, it was that indomitable survivor spirit that saved her life.

In his book *True Grit*, Bear Grylls writes about some of the greatest examples of **endurance** he has come across. You can find his six greatest examples in an article [here](#). Two examples are below. What do you think enabled these people to endure their difficult circumstances?

**Douglas Mawson** was an even tougher colleague of Ernest Shackleton and Captain Scott. During a scientific expedition in the Antarctic he lost his colleagues 300 miles from safety. Frostbite and starvation meant his hair, nails, skin and the entire soles of his feet fell off during a grueling two month trek back to camp. At one point he fell down a crevasse and was left dangling in the abyss from a rope, up which he dragged his disintegrating body.

Mawson arrived back at base only hours after the ship which could have taken him back to civilization, had set sail. Killer timing.



He had to spend another winter in Antarctica, waiting for another ship to return.

**Endurance** is a quality that is often praised and applauded. However, whilst we might praise others for their ability to endure, we can often fail to reproduce it in our own daily lives. From the stress felt in the engine of a plane to the challenges of climbing Everest, we can think of lots of examples of endurance and 'stress testing'. Unfortunately, we can be tempted to give up at the first hurdle rather than **enduring** through difficulties.

**Endurance** is more than the symbol of the Duracell bunny. It is the ability to discover the abilities, gifts and strengths we have as we explore the world and face challenges we have never met before. Doing so can help us to realise our true potential one step at a time as we tackle situations around us.



Life throws us challenges we cannot run away from. **Endurance** is not solely for the summit or the racetrack but for each of us as we step out of bed and prepare to meet the day before us. At the moment we are all having to **endure** challenges and changes to our circumstances. So how can we develop our **endurance** in these difficult times?



## WHAT DOES THE BIBLE SAY ABOUT ENDURANCE?

*During my many travels, I have been in danger from rivers, robbers, my own people, and foreigners. My life has been in danger in cities, in deserts, at sea, and with people who only pretended to be the Lord's followers.*

*I have worked and struggled and spent many sleepless nights. I have gone hungry and thirsty and often had nothing to eat. I have been cold from not having enough clothes to keep me warm. Besides everything else, each day I am burdened down, worrying about all the churches. When others are weak, I am weak too. When others are tricked into sin, I get angry. If I have to brag, I will brag about how weak I am. God, the Father of our Lord Jesus, knows I am not lying. And God is to be praised forever!" (2 Corinthians 11 CEV Translation)*

Here, in one of his letters to the Corinthian church, Paul talks about some of the things he has had to endure. What stopped him from giving up (look at how he ends here)?

Many of the letters in the New Testament were written by Paul. He originally hated and persecuted Christians, but one day had an amazing personal encounter with the risen Jesus and became a Christian himself. He wrote about life as a Christian being like a race to the end.

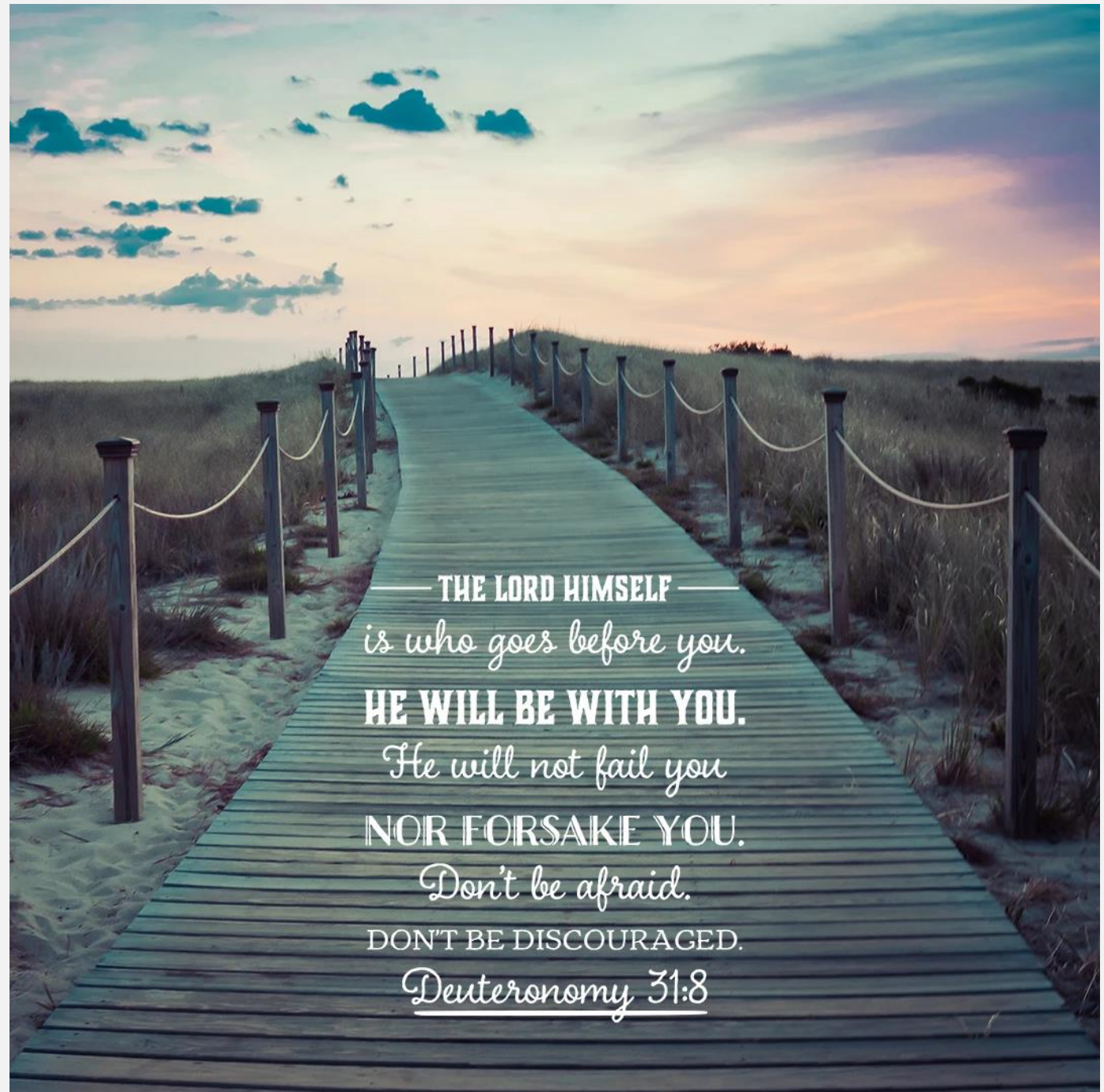
In his letter to his friend Timothy *"I have fought well. I have finished the race, and I have been faithful. So a crown will be given to me for pleasing the Lord."* (2 Timothy 4:7)

- Why do you think he kept going as a Christian to the end?
- What encouragement might this be for Christians today who have to endure challenges and suffering?

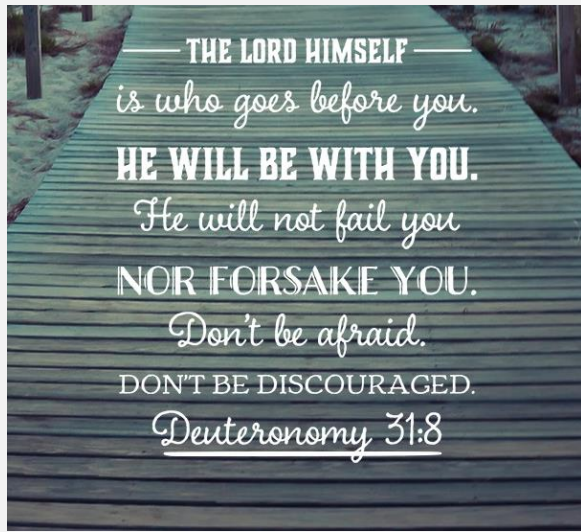
## WHY ENDURE?

Paul kept going because he had a cause (the spread of the gospel about Jesus) that he really believed in. He also believed that God was always with him.

In the Old Testament book of Deuteronomy, Moses reminded the Israelites – who were wandering through the desert – that God was always with them.



— THE LORD HIMSELF —  
*is who goes before you.*  
**HE WILL BE WITH YOU.**  
*He will not fail you*  
**NOR FORSAKE YOU.**  
*Don't be afraid.*  
**DON'T BE DISCOURAGED.**  
*Deuteronomy 31:8*



Why not pause and take some time to think about where you have had to endure in your own life by completing the timeline task below.

You might want to listen to the song '[Forever](#)' by Chris Tomlin, which reminds that God's love for us endures forever.

Draw a time line of your life from your birth to the present day. On the line you can mark memories, significant days or events. Think about good things as well as difficult things you have come through.

If you are a Christian, think about how God has enabled you to keep going through both good and bad times.

Whether you are a Christian or not, what have you learnt through your experiences?



*“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8*

## **Father God**

Thank you that you have promised never to leave us or forsake us. Thank you that when we are feeling discouraged, we can remember how much you love us.

Help us to be able to keep going and endure through difficulties. We especially pray for those who are suffering hunger at this present time. Please be with those who are enduring the prospect of severe famine as a result of COVID-19. We pray for their protection and endurance; for wisdom for world leaders and the World Food Programme as they try to meet the needs of the starving; for ourselves to be generous with what we have.

**Amen**

Why not ask God to help you endure through things you are struggling with at the moment.